

YOUTH INDOOR SOCCER LEAGUE GUIDELINES

2012

ARTICLE I

GOALS AND OBJECTIVES

1. Have fun and participate.
2. To teach each player sound fundamental skills in all phases of the game of soccer.
3. To promote the team concept of soccer.
4. To promote good sportsmanship.
5. To give each player an equal amount of playing time, as much as possible.

ARTICLE II

PUBLIC RELATIONS

1. Whenever you call your players, make sure you talk to one of the parents.
2. Get to know your players' parents. They may help you someday when you are in a bind.
3. If you are having a problem with one of your players or parents, please let the League Director know as soon as possible.

ARTICLE III

CHULA VISTA LEAGUE RULES

1. Competition will be held in four divisions:

Division A – Children born 1998-1999
Division B – Children born 2000-2001
Division C – Children born 2002-2003
Division D – Children born 2004-2005*

* NOTE – SCORE IS NOT KEPT IN THE “D” LEAGUE.

2. All players must play in their appropriate division. You may not move up or down a division.
3. Rosters – Rosters shall be limited to a minimum of eight (8) and a maximum of twelve (12) players whenever possible (5 players and 1 goalie play).
4. Uniforms – Each child will be given a T-shirt, which will be his/her uniform for the games. The team name and/or child's name may **NOT** be added to the jersey. No patches or insignia may be attached for any reason without approval of the League Director.
5. Forfeits – If a team cannot field six (6) eligible players at game time, there will be a 5-minute

grace period, to allow for the arrival of a sixth player. If after five (5) minutes, a team cannot field six (6) players, the game will be declared a forfeit. Exception-If a team has 8 players or below that team can start and finish the game with 5 players if need be. **The game will still be played, as the intent of the league is to play the game, but there will be no score posted.**

6. Facility Rules – Players are expected to obey all facility rules. Players given facility timeouts or ejections will not be allowed to participate in games until their penalties have been served. Games will not start late in order to accommodate the disciplined player.

ARTICLE IV

RULES FOR ALL FOUR DIVISIONS

1. The game will consist of four 10-minute quarters with a 3-minute half-time. D Division will consist of an 8-minute quarter. All games will be started with a kick-off, with possession being determined by a coin toss or equivalent. The ball may be kicked off in any direction; however, a player may not score on a kick-off unless the ball touches another player, including the goalie.
2. Games will be played with a running clock. Time will only be stopped for injuries, team time-outs, or official time-outs.
3. During the regular season, every player must play a minimum of two (2) complete quarters from start to finish and sit out one (1) complete quarter from start to finish.

A. One of the two complete quarters played must be played in the field.

- B. If a coach only has seven (7) players eligible/available for a game, the following rules will apply:

- 1) Four (4) different players must sit one complete quarter each.
- 2) The opposing coach will select two (2) players that the 7-man team must sit out.
- 3) If a coach fails to notify the officials and the opposing coach prior to the beginning of the game, the opposing coach will then pick the players at the time he/she notices the oversight. If it is not noticed until after the second half has started, the game will be declared a forfeit.

- C. Exceptions: A player may be taken out early due to injury or ejection. Injured players may return to the game. The player's replacement must be of equal ability of the player taken out at the discretion of the officials or Site Coordinator. The injured player will not be penalized; however, the replacement player will not be credited with a full quarter played or a full quarter sat out.

- D. Site Coordinator will make all final determinations should unusual circumstances cause the playing rules to be compromised.

E. During playoffs, every player must play one (1) complete quarter and every player must sit one (1) complete quarter. There is no requirement to play the

field in the playoffs as the complete quarter played.

4. League standings will not be publicized.
5. Ties – In the event a game is tied at the end of regulation play, the following will take place.

A. During the regular season.

- 1) 5-minute overtime period – sudden death, first team to score wins
- 2) If still tied, the game will be declared a tie.

B. During the playoffs for A, B, & C Division:

- 1). Reminder: no playoffs in D Division, last game will be June 2.**
- 2) 10-minute overtime period – sudden death, first team to score wins.
- 3) If still tied, penalty kicks, five per team, coach may select any five eligible team players (including the goalie); shots alternate between the two teams at a single goal, to be determined by the officials. The team scoring the most goals wins.
- 4) If still tied, additional penalty kicks, one additional player per team until one team scores while the other misses.
- 5) One player, who has played in the goalkeeper position during the game, either regulation or overtime must be designated as the shootout goalkeeper. Once designated, the goalkeeper may not be changed.

<u>Penalties</u>	<u>Fouls</u>	<u>Results</u>
Free Kick (Awarded for all penalties)	Non-malicious, accidental, unintentional violations	Direct Free Kick for opposing team at spot of foul, unless inside of goal box (not to include "D" League) At spot of foul opposing team must give the kicker a 10-foot radius.
2:00 Penalty	Serious or unwarranted fouls in the referee's judgment, failure to maintain 10-foot distance	Penalized player leaves game for 2 minutes (unless goalie) or until opposing team scores, penalized team plays one man short
Yellow Card	Flagrant or overly aggressive fouls, intentional delay of game, slide tackles with contact or attempted contact, dangerous play, repeated non-profane comments directed at self, officials, coaches, or fans	Official's Warning that 2 Yellow Cards = Limited Red Card; penalized player serves a 2-minute penalty
Limited Red Card	2 Yellow Cards, Yellow Card + 2 Two-minute penalties, or 3 Two-minute penalties in same game	Ejection from remainder of present game; 2-minute penalty for team
Red Card	Abusive, unjustified, or malicious fouls, abusive or vulgar language (including to self) or gestures, fighting, striking at an official	Ejection from present game + next game <u>in attendance</u> ; 2-minute penalty for team

- A. Boarding, tripping, striking, kicking, holding, sliding, pushing, charging, jumping at the ball (failure to maintain set distance during free kicks), high kicking, handling the ball, and playing the ball while laying on the ground are all examples of fouls. All fouls will be restarted with a direct free kick at the point of the infraction, with the exceptions of fouls in the goalie box and the “D” League.* Following a foul, once the ball is placed and official blows their whistle, the offensive team may restart the game immediately. There is no time requirement to allow the defense to reset. The defensive team must remain a minimum of 10 feet away from the ball (on all set kicks), until the offensive team restarts the ball. Failure to do so will result in a 2-minute penalty.
 - B. If, in the referee’s judgment, the foul is serious, a 2-minute penalty, a Yellow Card, or a Red Card will be given and the player may be ejected (see “Red Card Misconduct”).
The penalized player will receive a 2-minute penalty and the team will play short until either the penalty expires or the opposite team scores a goal.
 - C. If any single player receives three 2-minute penalties or a combination of one Yellow Card and two 2-minute penalties in one game, or 2 Yellow Cards, that person will be ejected for the remainder of that game (Limited Red Card).
 - D. Other infractions which will be penalized are intentional delay of game, slide tackles, and/or dangerous play.
 - E. The penalized player will serve the 2-minute penalty, except for the goalie or a red-carded player. A penalized goalie will remain in the game (unless he/she received a red card). In both cases, another team player will serve the 2-minute penalty.
 - F. Uncontrolled fans or coaches (unsportsmanlike conduct), following any official’s warning, will be issued a team 2-minute penalty or yellow card, to be served by a player from the fan’s team of association. Continued abuse will result in a red card being issued to the fan. A fan will be immediately asked to leave the facility and will not be permitted to attend the next scheduled game the following week.
 - G. All kicks must be taken within five (5) seconds after the referee’s whistle. If the offensive team fails to put the ball into play within the 5 seconds, they will lose possession of the ball. Goalies failing to punt within 5 seconds may be issued a 2- minute delay of game penalty. (At the official’s discretion, time lost may be returned to the play clock.) The ball will be spotted atop the box and a free kick awarded to the opposing team.
- * “D” League – allowed “indirect” kicks only. Upon restart, before the offensive team may score a goal, the ball must first touch a second player from either team, including the goalie. Free kicks resulting from penalties inside the goal box will be taken from a spot atop the goal box.

7. Bleeding Players

All injury timeouts will be restarted with a drop ball. When any amount of blood appears on a player during a game, he/she will be determined to be injured. The official will stop play and have the injured player removed. Coaches and parents need to remain on the bench until invited on to the court. The injured player can return to the game only when all three of the following criteria are met.

- 1) The opportunity for the next substitution has arrived (at least one second has expired from the game clock).
- 2) The area of the injury has been covered by a bandage or a dressing.* Blood may not be dripping or oozing through the bandage. The bleeding must be stopped.
- 3) The coach or parent has indicated that the injured player is fit to play. (Officials will have final determination.)

* NOTE – It is highly recommended that the parents of the injured player treat the player. If the coach wishes to treat the player, treatment should be performed with the use of rubber gloves.

8. Sliding

- A. A “slide” is defined as any intentional movement going down to the floor. A player swiping or kicking with one knee on the floor may also be considered a slide. If sliding occurs during the scoring of a goal, the goal will be disallowed. In either case, a free kick will be awarded to the opposing team.
- B. A goalie may slide within the goal box only (to avoid a sliding/slide tackling penalty), unless their momentum carries them outside the box. Once outside the box, all rules apply to the goalie. The goalie may not intentionally “fake out” an opposing player.
- C. A “slide tackle” is an automatic 2-minute penalty. In cases of contact or near contact, a Yellow Card will be issued.

9. Officials

- A. Any player, coach, or fan who touches, bumps, physically contacts or verbally abuses a game official or facility staff shall be considered guilty of violent conduct and shall be ejected from the facility and program for not less than one year and up to a maximum penalty of permanent disbarment.
- B. **Must be in uniform on game days. A uniform is described as a City of Chula Vista issued navy blue “staff” shirt or a referee black and white jersey. Only exception to this rule is if the staff person is coaching a team during game time.**

10. Red Card Misconduct

- that
- A. Abusive language or fighting is a mandatory red card (ejection) from the game and the facility. Anyone leaving the bench during a fight will be ejected.* An ejected player, coach, or fan must leave the property for the duration of the game. Players will sit out during their team's next game in which they are in attendance. Coaches and parents may be suspended for the next game, at the League Director's discretion. In cases of ejections, if the guilty person refuses to leave the facility, the coach of their team of association will be asked to assist in the passive removal of
- the
- individual. If after a 60-second period, the ejected party remains in the facility, the game will be counted as a forfeit and the gym will be cleared.
- B. Any player receiving a second red card in the same season will be suspended for three (3) weeks from the facility as a player, from the date of the second red card.
- C. Any player receiving a third red card within the same season will be suspended for the remainder of the season.
- C. The referee and/or and recreation staff person working at the facility has the right to eject a player, coach, or spectator before, during, or after a game, and that person must leave the facility for the remainder of the day. Additionally, if after receiving a red card as a coach, player, or spectator, misconduct continues, additional red cards may be awarded. Additional red cards will result in future suspension from the facility, to be determined by the League Director. Coaches who coach additional teams in other divisions may not be allowed to return for games later in the day.
- Any
- spectator who **has** attended a parent workshop who receives one (1) red card will be asked to leave and will not be allowed in the building for their child's next scheduled game. Any spectator that has **not** attended a parent workshop that receives one (1) red card will be asked to leave and will not be allowed to attend any games for the remainder of the season.
- * Any player or non-player who is given a red card for fighting shall be considered guilty of violent conduct and shall be ejected from the facility and program for not less than one year and up to a maximum penalty of permanent disbarment.

11. Substitutions

- A. Free substitutions occur when the ball is out of play, a goal is scored, a penalty is called, etc. Teams issued "free kicks" will not have to wait for opposing team substitutions.
- B. Coaches need to report all substitutions, including those made during a timeout.

- C. Free substitutions may occur throughout the game; however, due to league playing time rules, teams may not be able to freely substitute until the last quarter. To substitute, any time the ball is in play, a player coming off the court must be inside the touch-line on his/her own bench before his/her replacement steps onto the court. Players must notify officials at the score table and enter the court from the score table end of their bench. Failure to substitute properly can result in an illegal substitution call, a 2-minute penalty (i.e. 7 players on the court at one time).

12. Penalty Kicks

- A. If there is a penalty kick during regular play, whoever is in the goal at the time of the violation must remain as goalkeeper. No substitutions will be allowed.
- B. In “D” League, there will be no penalty kicks. The ball will be removed outside the box and an indirect kick will be awarded.
- C. Penalty kicks awarded at the end of a period will be taken, even if the game clock expires prior to the kick. In such cases, a rebound will not be playable.
- D. Regular “fouls” that occur as a period ends will not be awarded a kick.

13. Timeouts

- A. Each team is allowed four (4) timeouts per game. Timeouts are one (1) minute in length. Timeouts can only be called by a player on the court or by a coach, when their team has unquestionable possession of the ball, or when the ball is out of play.
- B. If possible, goalie changes should be made during timeouts. If not, the replacement goalie should be fully dressed and ready to substitute in from the sideline. (If a player already on the court will be substituting into the goal, an on-court referee must be notified.)

14. Bench Decorum

- A. All team members and coaches must be seated in the bleachers on either side of the scorer’s table. The head coach may be on the floor to give directions to his/her team. However, he/she must not cross the blue line on the floor (in front of each team’s bench), the mid-court line, or the end of the bleachers. Coaches who abuse these guidelines by “chipping” at officials will be required to remain seated for the remainder of the game or face possible ejection. D Division coaches are permitted to run on the court to assist their players, as long as they stay out of the way of the officials.
- B. Only players and authorized coaches are permitted on the team bench side of the court.
All spectators are on the opposite side of the court. The exception to this would be to accommodate an ADA reasonable need.

15. Co-ed Rules

- A. All goals are worth one (1) point no matter who scores the goal.
- B. Balls punted by the goalkeeper which contact overhead supports and are returned toward the goal **will be at the discretion of the official to call a dead-ball or continue with the game of play.**
- C. No goal may be scored directly off of goal kicks, goalie punts, **or throw-ins** by the goalie. The ball must touch another player or sidewall before entering the opposing goal.

16. Big Lead Rules (Only applicable during regular season, not during playoffs)

- A. Whenever a team is behind by four (4) points, they will be allowed to add a player to their team.
- B. If a team is behind by six (6) points, they will be allowed to subtract a player from their opponents team
- C. Should the trailing team score, they will either subtract players or allow the winning team to put players back in the game (whichever applies) to compensate for the change in score. The last player added or removed to compensate for a “Big Lead” will be the first player removed or added once the Big Lead score lessens.

17. Safety Rules

- A. No jewelry, watches, hats, necklaces, or outdoor cleats will be allowed. This includes earrings, even those in freshly pierced ears.
- B. Shin guards are mandatory.
- C. Players wearing hard casts will not be allowed to play, even with additional padding or tape.

18. Practices

- A. Practices are the responsibility of each individual coach
- B. Practices should be held at least one (1) day per week, two (2) maximum.
- C. Practice schedules should remain consistent throughout the season.
- D. Practices should be scheduled to ensure that all children are able to attend, without conflict.

- D. Practices should be held, even if only one (1) or two (2) players attend. This is a perfect time to work on specific, individual skills.
- E. The League Director should be contacted if you are consistently drawing only one (1) or two (2) players per practice.

If you have to cancel a practice for any reason, make sure you contact everyone on your team. If you cannot contact a player, you need to contact the gym to let them know or get someone to the practice site and make sure the child is not just left there. Never leave a child unattended after a practice or game. Make sure that a family member or an authorized individual picks up the child.

19. Coach-desired limited time playing situations

- A. Make rules of conduct known to players and parents prior to start of season.
- B. Players missing three (3) consecutive regularly scheduled practices may be limited to one (1) quarter playing time if:
 - 1) Rules of conduct were made known to player and parents in advance. Following the second absence, the player and parents were notified and Forewarned of the possible impending action.
- C. The League Director was notified following the second absence, acknowledged the situation, verified the situation with the parent(s), and approved the disciplinary action.
- D. If absences continue, the League Director may allow or impose further penalties, such as zero playing time.
- E. Any obscene or crude behavior, fighting, or verbal abuse on non-game days may also warrant immediate limited or zero playing time penalties, following the League Director's approval.

20. Playoffs

- A. Every team in every division will make the single elimination playoffs. The teams will be seeded according to their regular season records. The schedule will be distributed the week prior to the actual playoff games. No "D" division playoffs.

21. Evaluations

- A. Evaluation sheets will be available at the end of the season. Please fill one out and encourage your parents and players to do the same. We do make changes, if we get enough suggestions.

22. Picture Day is Saturday, April 21. Information will be distributed the week prior.

23. Rules-Based vs. Morally-Based Decision Making:

- A. All coaches sign a code of ethics at the beginning of every season. Being that this league does not have a written rule for everything and decisions made are arguably either rules-based or morally-based, the league director asks that all coaches act in a manner that is most befitting of this recreation level league. For example, it is not written in the rules that a coach must shake the opposing team hands and coach's hand after a controversial game, but it is perceived as a morally-based ethically correct action to take. If a coach acts in a certain manner, than their players and fans will follow. Therefore, we ask coaches to act as positive role models, even in the most volatile times, to demonstrate the best of what sportsmanship is all about.**